

day. It is evidence of the great interest in cooking that these lectures should hold hundreds of people for an hour when the wealth of the world is gathered for their inspection and when time is literally money, as it is evident that the auditors are visitors from all parts of the country and of all degrees of intelligence and wealth.

Another most interesting spot is the Board of Managers' room. Each day at eleven o'clock an address is given by a representative woman, either American or foreign. On a recent morning the address was being given by a woman from one of the Northwestern States on the special advantages offered to women in that State. This was announced on the bulletin. The writer stood at the door and heard the opening sentences. Returning an hour later, the same speaker was on the platform, but she was worn out. Her gestures were incoherent, her voice hysterical, but the manuscript was not exhausted. At the top of the steps at the entrance of the room stood one of the Turkish commissioners, and his face was a study. Here was a phase of civilization with which he was not familiar and for which he could not account. The speaker said, with great earnestness, "I do not believe in a sexless State or a sexless home," and the male foreigner looked about him both alarmed and mystified. The audience, gay in spring dresses, evidently presented to his mind so charming a sex that the declaration of the speaker conveyed no meaning.

It is impossible to specify the opportunities unfolded in this building. From the entrance doors to the roof the women of the world have sent the evidences of their use of their opportunities.



A Chapter on Salads

By Christine Terhune Herrick

The first essential to a good salad is good dressing. For simple green salads, a French dressing is usually sufficient. For fish and meat, egg, and some vegetable salads, a mayonnaise is required. Both are easily prepared.

FRENCH DRESSING FOR SALADS

One saltspoonful salt; half-saltspoonful pepper; one tablespoonful vinegar; three tablespoonfuls oil. Put pepper and salt together in the salad-spoon and fill the spoon with oil. Stir with the fork, and, when well mixed, pour upon the salad. Measure out the rest of the oil demanded and the vinegar, and after all have been turned upon the salad, toss this about with the fork and spoon until every leaf has received its share of the dressing. This will dress salad for three or four persons.

MAYONNAISE DRESSING

One egg; one pint salad oil—the best—never use a cheap oil; one tablespoonful vinegar; half a lemon; saltspoonful salt; half-saltspoonful each of mustard and white pepper. Separate the white and the yolk of the egg. To the latter add the juice of the lemon, the salt, pepper, and mustard. Mix with three or four stirs of a fork. Begin putting in the oil, a few drops at a time, stirring steadily, increasing the quantity as the dressing thickens. When about two-thirds of the oil has been used, the vinegar should be added, little by little, and after that the remainder of the oil. The steady stirring of the fork should be unremitting. If oil, egg, and plate have been well chilled before they are used, this dressing may be made in ten or fifteen minutes. Place it on the ice until needed, and, just before sending to table, whip the white of the egg to a standing froth and stir it lightly into the dressing.

Should the egg and oil curdle and separate, or obstinately refuse to thicken, do not waste time in the futile attempt to stir them to a success. Take another egg, and begin again in a fresh plate. When this dressing thickens—as it will, unless there is something radically wrong with egg, oil, or worker—add the curdled dressing carefully, a little at a time, stirring incessantly. The result should be as good a mayonnaise as could be desired. In hot weather, especial care should be taken to have utensils and ingredients alike ice-cold.

CHICKEN SALAD

The meat of a cold boiled chicken cut into small, neat pieces; half as much celery as you have chicken, cut into inch lengths; one small head lettuce; pepper and salt to taste; one table-

spoonful oil; one tablespoonful vinegar; one full cup mayonnaise dressing. Mix the cut chicken and celery, season them, and moisten them with the oil and vinegar. Line a salad-bowl with lettuce, and on this heap your salad. Pour the thick mayonnaise dressing over the chicken and celery. In summer-time, when celery is scarce and expensive, it may be omitted from the salad, and then it is well to use celery salt in seasoning. Garnish with quarters of hard-boiled egg, stoned olives, or capers, as you may desire.

LOBSTER SALAD

Select rather large lobsters, as there is a good deal of waste about the small ones. Plunge them head downwards into boiling water, and cook for about three-quarters of an hour. Break the shells carefully, remove and throw away the stomach, the vein that runs through the tail-piece, and the spongy fingers between the body and the shell. All the other meat is eatable. Cut it into neat pieces, arrange it on lettuce, and moisten and season as you would chicken salad, adding a little red pepper for the sake of the possibly weak stomachs of the eaters. Cover with mayonnaise dressing and garnish with the claws of the lobster.

Crab salad is made in the same manner.

SHRIMP SALAD

This may be prepared like lobster salad. The work of cracking the shrimps and picking out the meat is a little tedious, and canned shrimps are an excellent substitute for the fresh. The can should be opened and its contents turned out into a bowl two or three hours before they are to be used.

FISH SALAD

Salmon is, of course, the favorite fish for salad, but any good firm fish, like halibut, cod, pickerel, bass, etc., may be used. It should be boiled until thoroughly cooked, but not overdone, and allowed to get perfectly cold. The fish should then be cut into square or oblong pieces, about two or three by three or four inches in size, and each piece should be laid on a lettuce-leaf. Mayonnaise dressing may be poured over it in the dish, or passed to each person. A savory addition is that of a sardine picked fine and stirred into the mayonnaise.

TOMATO SALAD

Peel ripe tomatoes and lay them on the ice for two hours. Just before serving cut them in quarters or slices, lay them on lettuce-leaves, and serve with a mayonnaise dressing. They are also very good with a French dressing and unaccompanied by the lettuce.

VEGETABLE SALAD

This is an excellent method of using the remnants of vegetables left from dinner of the day before—the half a dozen slices of boiled beets, the two or three cold boiled potatoes and onions, the saucerful of beans or green peas. Slice the potatoes and onions and heap all the vegetables together upon leaves of lettuce. Pour over them either a mayonnaise or a French dressing. Almost any cold vegetable may find a place in this salad.

POTATO SALAD

Boil eight potatoes in their skins, and do not peel them until they are cold. Rub the inside of your salad-bowl with a clove of garlic (if you dislike the flavor of garlic you may omit this). Slice the potatoes into the bowl, and add to them an onion which you have minced fine and scalded for five minutes in boiling water. Season the vegetables with pepper and salt, and pour upon them five tablespoonfuls of oil and two of vinegar. Toss and turn them in this. Some people relish the addition of a couple of cold boiled beets sliced.

MELON SALAD

Lay muskmelons on the ice for five or six hours. Open them just before they are needed, scrape out the seeds, divide the melon into crescents, and cut off the rind and green part, leaving only the fully ripe portion. Heap these pieces in a bowl with bits of ice among them, and pour over them a French dressing; mayonnaise may be used if preferred. Watermelon that lacks sweetness may be served in the same manner.

FRENCH FRUIT SALAD

One head lettuce; one dozen English walnuts; two dozen white grapes, large and firm; three bananas; two oranges; half-pint mayonnaise. Peel the oranges, divide into lobes, and cut each lobe into three pieces, removing the seeds. Skin with a very sharp knife the white grapes and seed these (this is the only tedious part of the preparation). Shell and halve the walnuts and slice the bananas with a silver knife. Arrange the fruit on the lettuce, rejecting all leaves but the crispest and most delicate. Cover all with mayonnaise dressing and serve ice-cold.

Questionings

By Jennie Young Chandler

Ah, vanished joys of childhood!
This sweet, warm breath of May,
Blown from the fragrant meadow
And tangled woodland way,
Brings back my childish fancies,
Brings back the long, long days
When earth and heaven seemed glorified,
Wrapped in youth's golden haze.

And once again I wander
Through meadow-land and lea,
And nod and laugh and wonder
As the buttercups nod at me.
Where did you get your cups of gold,
You saucy yellow things?
And do the fairies drink from you
Where the silver brooklet sings?

And you, you deep blue violets,
Where did you get your hue?
Was it looking so long at the cloudless sky
That has made your eyes so blue?
And you, you happy robins,
In the beech-tree up above,
I wonder if your joyous lays
Are roundelays of love?

So with each bird and blossom
Doth my glad heart laugh and sing,
Happy because the fields are green
And birds are on the wing.
I ask not *why* the flowers bloom,
Or why the clear brooks flow—
It is enough for my childish heart
Just to know that daisies grow.



Mrs. Foster's Way

By M. V. W.

Some time ago I was called away from home to make a short stay with a sister who lived in a small Western city. Her family consisted of herself, her husband, one son, and two daughters. All the children were between the ages of twelve and seventeen.

One evening a headache prevented my sister from accompanying her children to the house of some young friends who lived at a distance. Their evident disappointment in foregoing the evening's pleasure suggested the offer of my own services as chaperon. This offer was gratefully accepted, and soon we were on our way. I own to a feeling of curiosity as to the kind of entertainment the children had been looking forward to so eagerly.

Arriving at a plain-looking house, we soon were seated in a pleasant room, plainly furnished, but with an undeniable air of cheeriness. A student-lamp burned brightly on a good-sized table, on which lay a few books and periodicals. Three or four book-shelves hanging here and there were filled with books that frequent reading could never render tiresome.

"What shall it be to-night, my friends?" said Mrs. Foster, with a bright glance around the little circle of eight or ten. "Will you have a game of bean-bags?"—a pause during which several nodded an eager assent—"or shall Fred show you his new microscope?"

No doubt as to which was preferred, and soon Fred, the proud and happy possessor of a good microscope, "with a one-quarter objective," was delivering a lecturette (if one may apply the word to the brief and simple explanations he gave of the various objects he showed) to an eagerly admiring group. Slide after slide was exhibited, showing scales from a butterfly's wing ("each nearly as big as a real butterfly"), the optical membrane of a fly ("it looks just like honeycomb"), diatoms of varied and beautiful

forms, fibers of silk, wool, and linen ("oh, how coarse!"), and the antennæ of a cockchafer, which they pronounced the most beautiful of all. But that was before Fred put a drop of pond-water on a slide and covered it with a glass wafer or "cover-glass." Then the enthusiasm knew no bounds, for there, right under their very eyes, was a group of beautiful vorticelli, swaying up and down like balloons attached to little strings—only, when the little balloon had reached the end of its tiny tether, it opened up like a cup-shaped flower. How eagerly the group of young people watched the pretty evolutions! Twice Fred had to add a tiny drop of water, to make up for the constant evaporation.

There is no knowing how long they might have peered down through that wonderful brass tube, but at half-past nine Mrs. Foster, who had left the room a quarter of an hour before, returned, and said quietly to her daughter:

"Nellie, the chocolate is ready."

Nellie left the room, to return in a few minutes bearing a tray on which were cups of chocolate, and on the top of each cupful was a small floating island of whipped cream. Some plain cake and slices of bread and butter cut very thin were passed with the chocolate. The microscope, evidently in accordance with some well-understood rule, had been put away as soon as the chocolate was brought in, and after a half-hour spent in pleasant talk the little party broke up.

On our way home, in the car, I said to my niece, "Now I understand why you were so anxious to go to Mrs. Foster's this evening."

"I wouldn't miss going for anything," said she; "we have such good times there. Mrs. Foster always has some special way of entertaining her children's friends every Friday night, when there are no lessons to be learned and the school week is over. Sometimes we play bean-bags, with the slanting board target, and sometimes (when not many are there) we have a game of parchesi. Sometimes Nellie has a good short story to read us; last Friday she read us 'The Remarkable Wreck of the Thomas Hyke.' One Friday night, when there were six girls there and only two boys"—with a merry little laugh—"Mrs. Foster turned the contents of her silk-box on the table and set us all to cutting the pieces of silk into narrow strips to be woven into a fabric just as rags are woven into carpeting. We had great fun, though we didn't work at it after nine o'clock. Then we were invited to the dining-room to have some delicious broiled oysters, which Mrs. Foster said were 'a reward for our industry.' Every Friday night her children's friends are always welcomed, and they are always sure of having a good time. Mamma says that Mrs. Foster has the faculty of entertaining young people, and we all think so, too. She has such a nice way about her. But here we are at our own corner. Tom, pull the strap, please."

I thought a great deal about "the nice way" of Mrs. Foster. When I reached my own home, "Mrs. Foster's way" had not ceased to haunt me; and the only way to "lay" this agreeable ghost was to try to make "Mrs. Foster's way" my own way, too.

Last winter my children had their little Friday evening gatherings, and I have every reason to be satisfied with the result. I know it has amply repaid me for my trouble in preparing some little entertainment and the accompanying simple refreshments.

Why will not all mothers exert themselves to make their homes specially attractive to the young people? It may require a little self-denial and thoughtfulness, but the return for it, an increased love for the home, is sure.

Try "Mrs. Foster's way."



A woman has invented glass doors for ovens; this certainly will be a great advantage both to the cooks and the foods in the oven, as well as an economy of fuel.

It is said that Americans spend abroad yearly the sum of \$100,000,000. One Paris dressmaker is said to have realized an income of \$6,000,000 from his business last year; his customers were largely Americans.